

March 18, 2012



# C CO 1/126<sup>th</sup> FRG

## *Key Points of Contact:*

**FRG Leader:**  
Heather Trainor  
[126frg@gmail.com](mailto:126frg@gmail.com)

**Rear Detachment Commander:**  
CW2 Libby  
[Todd.j.libby@us.army.mil](mailto:Todd.j.libby@us.army.mil)

**Family Assistance Center (24 Hour Hotline):**  
[1-888-365-9287](tel:1-888-365-9287)

## *Upcoming Dates:*

March 31<sup>st</sup> – Flat Soldier Party

May 5<sup>th</sup> – Next FRG Meeting

## **Meet our Rear Detachment Commander**

Dear Family and Friends:

I have been chosen to be the Rear Detachment Commander (RDC) for your unit during the upcoming deployment. The RDC works hand and hand with the Family Readiness Group (FRG) to keep everyone informed and supported while their soldier is deployed.

For the coming week I will be traveling with the unit to the mobilization site. I expect to be back in my office by the middle of next week (21-22 March). Upon my return the 126<sup>th</sup> FRG and myself will be setting up a Virtual Family Readiness Group site. This is a site where we can stay in touch with our soldiers, post pictures and videos, update news, chat, etc, etc. For lack of a better description, it's a secure Facebook page. There are so many benefits and entitlements while your service member is deployed and we will get all that information on the site as well.

For some, this is old stuff, others, scary and new. I would like to bridge the divide and have families helping families before anything else. You are in this all together and no one is alone. I have seen Family groups become bigger than the deployment itself and for that there is often an unfavorable rating for FRG's with soldiers and families. I have confidence in the 126<sup>th</sup> FRG and it's leadership, the work they have already put into the group has set itself up for success. This is a marathon and we must pace ourselves.

Below is my contact information for the time being. It will be updated when I return from our mobilization site. I encourage all of you to drop me a line and introduce yourself in your own time. If there are immediate or pressing concerns I encourage you to call the unit or the Family Assistance Center in Augusta. Until then.

Sincerely,

Todd J. Libby

Email [todd.j.libby@us.army.mil](mailto:todd.j.libby@us.army.mil)

Fort Hood  
Mailing  
Address:

Rank Name  
BLDG 56719  
C 1/126th AVN  
North FT. Hood  
TX, 76544

## **Family Readiness Group Goals:**

The Family Readiness Group's goals are to:

- Provide families with the resources and education to be ready for any situation
- Create a dependable network of support
- Provide reliable, accurate information from command to families

## **Sending Packages to Fort Hood**

Mr. Libby wanted to remind families that soldiers should have the full compliment of PX and shopette privileges. If they need something right away they should be able to get it for themselves. I would caution against sending care packages to the mobilization site, as the soldier will still have to carry this stuff with him to their final destination (possible exceptions; birthdays, anniversary, etc). The best thing to do is to talk with your soldier and see what they need or forgot.

## **Flat Soldier Party**

The flat soldier party is quickly approaching. It looks like we will have a great turn out! At the party we will create our flat soldiers, design a banner to send to the unit once they are overseas, meet with representatives from MFLAC, Military OneSource, the FAC, and more!

We are in the process of submitting the requests for flat soldiers; if you ordered a flat soldier we will have the flat soldier picture for you at the party. You just need to bring the foam board (we recommend getting the best quality so it will last the entire deployment); we will provide the X-Acto knives and spray glue. We will also have drinks and snacks, as well as childcare. If you have not told us you will be bringing children, please email us at [126frq@gmail.com](mailto:126frq@gmail.com) with your children's ages so that we can make sure we have plenty of supervision and supplies! We look forward to seeing everyone! This will be a great opportunity for you to get to know some of the other families and offer support to one another.

## **T-shirt Sales**

We are continuing to take more t-shirt orders. If you are interested in ordering a t-shirt please email Sammi at: [SammiJ430@msn.com](mailto:SammiJ430@msn.com).